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'Dear rude, messy slob: Stop eating at other people's desks'

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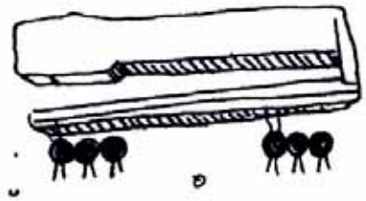

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POPE FRANCIS OFFERS MERCY FOR ABORTIONS

metroNEWS

LOST IN A WEB

The National Gallery of Canada is trying to help visitors better navigate the museum

metroNEWS

TORSTAR NEWS SERVICE

Mounties charge Syrian officer in torture case

MAHER ARAR

Marks first charge of its kind abroad for Canada

The RCMP is laying a torture charge against a former Syrian military intelligence officer for alleged involvement in the brutal treatment of Ottawa telecommunications engineer Maher Arar.

An RCMP document filed in court Tuesday charges Col. George Salloum with torture under the Criminal Code.

While the colonel's whereabouts are unknown, the development represents the culmination of a lengthy RCMP investigation.

Arar, a Syrian-born Canadian, was detained in New York in September 2002 and soon after deported by U.S. authorities — winding up in a grave-like cell in Damascus.

Maher Arar was detained in a Damascus prison. THE CANADIAN PRESS

Under torture, Arar gave false confessions to Syrian military intelligence officers about supposed collaboration with Osama bin Laden's al-Qaida network.

A federal commission of inquiry led by Justice Dennis O'Connor concluded that faulty information the RCMP passed to the United States very likely led to Arar's year-long ordeal.

Arar's lawyer Paul Champ, his wife Monia Mazigh, and Alex Neve, secretary general of Amnesty International Canada, appeared at a news conference Tuesday to announce the RCMP's move. Mazigh read a statement from her husband welcoming the criminal charge. Arar said he had been co-operating with the Mounties since laying a complaint in 2005.

Champ said Arar provided "lengthy and candid" interviews to the RCMP, responded to many requests for information, reviewed photos, suggested contacts and handed over documentation.

Neve said the charge — the first Canadian one for torture abroad — sends a strong message that those who commit "their terrible abuses in faraway prison cells" may find themselves judged in court.

It is unclear whether Salloum, now believed to be in his mid-50s, can be located. And since Syria is beset by warring factions, there are doubts about the prospect of a trial any time soon.

It marks the second time in recent months the RCMP have laid charges against someone in a far-flung country for a crime committed many years ago.

In June, almost seven years after the overseas hostage-taking of former journalist Amanda Lindhout, the RCMP arrested and charged a Somalian man.

Lindhout and photographer Nigel Brennan were seized by young gunmen near strife-torn Mogadishu, Somalia, in August 2008. Both were released on Nov. 25, 2009.

THE CANADIAN PRESS

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metro NEWS
Your essential daily news

Pope encourages mercy for abortions. **World**

Mayor Jim Watson says the city's largest-ever deficit can be combatted without having to raise taxes beyond the promised two per cent next year. LUCY SCHOLEY/METRO

Ottawa not in 'crisis': Mayor

BUDGET

Jim Watson certain city will slash projected $41M shortfall

Lucy Scholey
Metro | Ottawa

Despite a record-breaking deficit, the City of Ottawa is not in a financial "crisis," according to the mayor.

Jim Watson said he's confident the city will be able to slash the projected year-end $41-million shortfall by the end of December.

"This is not a crisis as some have suggested. This is very much an opportunity for us to be much more creative and thoughtful when it comes to putting our budgets together," Watson told reporters after the finance and economic development committee reviewed a mid-year city report on the budget on Tuesday. According to the document, the city is facing a $34.5-million deficit in tax-supported city services, plus an additional $6.8-million water and sewer shortfall.

City treasurer Marian Simulik said this deficit is the largest the city has seen, but such massive shortfalls are nothing new. In 2009, the city was saddled with a $34-million deficit.

"It certainly isn't something we like, but it's something we've dealt with before," she told the committee.

Already, the city has enacted a hiring freeze, but slashing the deficit will require combing through department budgets and finding available money to return to reserve funds. The overall citywide reserve fund is expected to sit at $11.4 million by the end of the year, while the city winter maintenance reserve should rest at around $4.2 million. Unlike provincial and federal governments, municipalities are legally required to tackle deficits.

Other councillors suggested asking the province for help on some budget items.

West Carleton-March Coun. Eli El-Chantiry moved a motion asking for a 100 per cent refund of the Social Assistance Management System (SAMS) costs, which largely fed the city's $1.2 million social services deficit.

Gloucester-Southgate Coun. Diane Deans suggested asking for help in compensation for work-related cancers for firefighters, as per the new provincial requirement under the Workplace and Safety Insurance Act.

Many councillors seemed surprised the new law would be retroactive to 1960. This year, it's expected to add a $4-million cost to the city.

Bay Ward Coun. Mark Taylor, who sits on the finance and economic development committee, suggested a more "aggressive" way to seek out revenue from the recreation department's property, considering it's the largest real estate holder in the city.

However the city finds the means to tackle this year's deficit, a higher tax increase than the promised two per cent is off the table, said Watson.

"I and the majority of members on council did commit at the last election to keeping our taxes at or below two per cent. I'm not prepared, just because we have some tough decisions to make, to fold like a lawn chair," he said.

"The easiest thing in government to do is to raise taxes. It requires no effort, no imagination, no initiative, just raise taxes and I'm not prepared to do that."

TACKLING COSTS

As for next year's budget, the City of Ottawa will have to adjust its winter cleanup budget, cover the costs of wage arbitration settlements and lower water consumption estimates, according to Simulik.

Watson said the city cannot predict outcomes like wage arbitration settlements (which will cost $9.88 million more than expected) and snowfall amounts.

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Better bearings at the gallery

UPDATES

NGC to invest in improved maps, signage for navigation

Haley Ritchie
Metro | Ottawa

Art lovers came to get lost in famous paintings, but instead they're having trouble finding them.

That might be part of the reason the National Gallery of Canada is planning on updating all its "wayfinding" materials in time for the 2017 bicentennial celebrations.

"Over the years the NGC has observed visitors' experience and received feedback on wayfinding, and has made efforts to improve its signage by updating and adding to the existing system," reads a request for proposals published on Tuesday.

That patchwork of signage and mapping has been put together over the 25 years of the gallery's lifespan, and it's time for a facelift.

"The National Gallery of Canada (NGC) is seeking a qualified firm that specializes in wayfinding planning, design and project management to develop a non-digital, comprehensive and cost effective wayfinding and signage system," reads the tender document.

The somewhat maze-like gallery is huge, consisting of 778,000 square feet in total, including areas not accessible to the public. There are three different floors and a lower level that houses Inuit art. It was designed by famed architect Moshe Safdie and officially opened in 1988.

Safdie designed the space with lighting in mind, and it also houses a number of self-contained spaces, like a chapel, garden and special room for the Group of Seven.

The gallery writes in the document that an updated system is needed so that visitors can easily navigate Safdie's glowing halls and the famous art housed within.

That means a newly designed map, new signs and anything else that can be done to help people navigate the space.

Gallery spokesperson Josée-Britanie Mallet didn't say that the reason for the tender was people getting lost, but it's a common complaint in online reviews for the gallery.

"The project is being designed to result in a new wayfinding system that reflects the gallery's physical spaces, its use of those spaces and the visitor's interactions with those spaces top of mind," she said in an e-mailed statement.

The documents say that the new branding must be "simple and efficient" while noting that designing a gallery map has some unique challenges, because many galleries feature rotating exhibitions.

In addition the signs need to be bilingual and cover the gallery's exterior, interior and parking.

Improving signage is part of the gallery's 2012-2017 plan. The contract requires work to begin November this year and the work is to be done before March 31, 2017.

The National Gallery of Canada. HALEY RITCHIE/METRO

The Great Hall of the National Gallery of Canada.
HALEY RITCHIE/METRO

A map of the National Gallery of Canada. HALEY RITCHIE/METRO

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REVIEWS

Visitors sound off on getting lost at the National Gallery

To be fair, many visitors giving reviews online said they liked the layout and the majority didn't mention it.

A quick scan of review sites like Yelp and TripAdvisor do reveal that it is a reoccurring issue:

"The building layout is confusing at first, and it takes a couple trips to fully absorb the whole collection on display."

— Yelp user B.A., from Ottawa

"The layout is difficult to follow and at times it's hard to determine and back track what pieces you may or may not have already seen."

— Yelp user Coy W., from Ottawa

"For one, the layout of the gallery is pretty awful. It's a maze of interconnected square rooms, and this makes sequential navigation unnecessarily complicated … If you're an art type and you don't get lost easy, definitely check this out."

— Yelp user Mike M. from Edmonton

"Too much modern art, and the architecture of the building makes it easy to get lost."

— Google reviewer Walter Ego

"I found the layout of the museum very complicated and confusing therefore missed many of the greats such as Picasso and Rembrandt."

— TripAdvisor user Mike M. from Woodstock

"No help with the very difficult to understand brochure… No idea where anything is in the gallery. Doesn't appear to have any rhyme or reason."

— TripAdvisor user MChristine72 from Ottawa

And until the gallery is able to create a new directional system, here's some good advice from Gee C. from Guelph:

"Make sure you get a map before you start your tour."

HALEY RITCHIE/METRO

Employment Minister Pierre Poilievre has represented the region since being elected in 2004. JAMES WEST/THE CANADIAN PRESS

Candidates debate set for Greely

FEDERAL ELECTION

Carleton riding civic event scheduled for Sept. 9

Residents of the new Carleton riding can hear from candidates at a debate in Greely this month ahead of the federal election planned for Oct. 19.

Between 7 and 9 p.m. on Sept. 9, come to the Greely Community Centre to hear from the candidates vying to become the first member of Parliament for the riding, which was created in 2012 as part of a nationwide redrawing of boundaries to account for population growth. The changes created 30 new ridings across the country.

The Greely debate, jointly hosted by the community association and the business association, will include opening statements from each candidate before they take pre-set questions and questions from the floor.

The Carleton candidates include Conservative Pierre Poilievre, Liberal Chris Rodgers, KC Larocque for the NDP and Deborah Coyne for the Green party.

Poilievre has represented the region since he was elected in 2004 in the riding of Nepean-Carleton. The constituency has now been split into two ridings — Nepean and Carleton — to better represent population growth in the suburban area.

The new Carleton riding includes the villages of Greely, Manotick, Osgoode and Metcalfe, as well as southwestern rural areas like Richmond and Stittsville.

Prime Minister Stephen Harper called the election on Aug. 2, prompting a 78-day campaign that will prove the longest — and likely most expensive — in recent Canadian history.

EMMA JACKSON/METROLAND MEDIA

IN BRIEF

Smartphone washroom app a vote away from reality

An Ottawa city public washroom app is one council vote away from your smartphone.

The City of Ottawa's finance and economic development committee gave the downloadable "where to go app" — complete with a map and list of public washrooms near you — the green light on Tuesday.

College Coun. Rick Chiarelli, who chairs the information technology subcommittee, said Service Ottawa staff and the IT department would work with a pool of app developers to get the job done. LUCY SCHOLEY/METRO

CULTURE

House of PainT celebrates urban artforms

Lucy Scholey
Metro | Ottawa

Ottawa's annual celebration of all things hip hop and urban arts is gearing up for another five-day festival under the bridge.

More than 200 graffiti artists, urban dancers, hip-hop artists and DJs of all levels will gather underneath the Dunbar Bridge, Babylon Nightclub and Mercury Lounge for the House of PainT, Sept. 9-13.

While thousands flock to the dance competitions, music events and art-filled barbecues, there are a few new happenings for the 12th annual festival.

The Ottawa Beat League is bringing Beat Battle 3: House of PainT Edition to Babylon Nightclub on Thursday Sept. 10. This three-round beat-making competition will test the skills of producers and beatmakers and include performances courtesy of Raz Fresco, City Fidelia and Ottawa's own Circabeatz.

But before that, Montreal Métis poet Moe Clark will headline the annual OG 500 Poetry Slam competition. That gets underway at 7 p.m.

Anyone who heads out for Saturday's family-friendly art-filled day of workshops, music and live graffiti will see how hip hop and the urban arts creates a sense of community, according to House of PainT executive director Patrick McCormack.

"It really breaks a lot of stereotypes that surround the art form," he said.

The House of PainT started in 2003, after Ottawa-Gatineau-based urban artists lobbied for a graffiti wall. The city granted them the Free Zone for Legal Art underneath the bridge where Bronson Avenue crosses the Rideau River.

The House of PainT tickets and full schedule are available at www.houseofpaint.com.

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Hit-and-run hunt on

CHAMPLAIN BRIDGE

Police search for pickup that caused crash

Michael Woods
Metro | Ottawa

The Royal Canadian Mounted Police are searching for a dark pickup truck that was involved in a hit-and-run on the Champlain Bridge last week.

The crash resulted in injuries and damage to two other vehicles, the RCMP said in a release.

The pickup truck and a Honda Civic were heading northbound toward Gatineau on the Champlain Bridge last Thursday around 5:30 p.m.

According to police, the pickup truck switched lanes, forcing the Civic into oncoming traffic. The Civic collided with a grey Suzuki SUV going in the opposite direction.

Police said the pickup driver left the scene and failed to report the accident to authorities. They believe the truck may have damage to its right rear.

Traffic on the Champlain Bridge, the western-most link between Ottawa and Gatineau, is often heavy at the time the crash occurred.

The Mounties' release didn't specify how many people were injured or how seriously. But photos of the crash showed severe damage to the front of the Civic and somewhat less severe damage to the SUV.

The RCMP are asking witnesses and anyone with information about the vehicle to give them a call at 613-952-4200.

The aftermath of a collision last Thursday, which resulted in unspecified injuries. COURTESY RCMP

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HIGHWAY 417

Charge laid after tow driver struck

Haley Ritchie
Metro | Ottawa

Ontario Provincial Police charged Zoya Flick, 19, of Smiths Falls on Tuesday after her car struck an Ottawa tow-truck driver last week.

The collision happened at 4:40 p.m., when tow truck driver Abbas Kadir, 45, was attending to a crash that had taken place earlier on Highway 417 eastbound near the Palladium Road overpass.

Flick's vehicle hit both Kadir and one of the cars involved in the earlier crash.

Kadir was taken to hospital in life-threatening condition. Three other people were transported to hospital with less serious injuries.

OPP said Flick was charged with having "improper tires," which were old and worn down. The fine is $110.

"The rain was a factor at the time of the collision," said OPP Const. John Armit. "You mix in tires that have treads that are very low — it's a recipe for disaster."

Kadir's son, Alan Kadir, said his father is still in critical condition.

"I'm not sure how I feel about it," he said in response to the charge of improper tires. "Right now, all I'm worried about is my father."

The incident happened on the eve of new driving rules being introduced in Ontario, including a rule requiring drivers to "move over" to give tow truck drivers space.

The incident happened on the eve of new driving rules being introduced in Ontario. METRO FILE

IN BRIEF

Rideau Street traffic restrictions in effect

A stretch of Rideau Street is closed to motorists and cyclists until the Confederation light-rail transit line opens in 2018.

The restriction started last Friday and applies between Sussex Drive and Dalhousie Street. It's to allow construction of the new Rideau LRT Station entrances and vent shafts.

One lane in each direction remains open for OC Transpo and STO buses, taxis, delivery vehicles and LRT construction vehicles.

The taxi stand on Rideau Street has been moved to George Street, east of William Street.

OC Transpo is still operating regular routes and schedules along Rideau Street, but there are changes to STO routes.

MICHAEL WOODS/METRO

Meet the Sudsy Dozen

PILOT PROJECT

Ottawa liquor store chosen to try out selling 12-packs of beer

A Barrhaven LCBO will participate in a pilot program allowing the sale of 12-packs of beer. CHRIS SO/TORSTAR NEWS SERVICE

An LCBO location in Barrhaven has been selected to join nine other stores across Ontario that will participate in the province's new pilot program allowing 12-packs of beer to be sold at the stores.

The Barrhaven location at 120 Riocan Ave. is the only LCBO store in Ottawa to join the program.

Ottawa Centre MPP Yasir Naqvi was at the store last Thursday to launch the program in Ottawa amid stacks of 12-packs normally only seen at Beer Store locations.

With the exception of the 10 stores in the pilot program, LCBO stores can only sell bottled beer individually or in packs of six.

"The purpose behind these very incredible changes is to ensure that Ontario consumers have more access to beer and convenience of beer," Naqvi said.

The pilot program takes into consideration some of the recommendations made by Premier Kathleen Wynne's Advisory Council on Government Assets regarding beer sales in the province.

The year-long pilot will offer 12-packs from 11 domestic and international brewers.

Naqvi said the Barrhaven location was selected due to its proximity to growing communities and the lack of access in the area to craft-brewed beers.

In addition to increasing the availability of beer in LCBO stores, the province also plans to expand beer sales to up to 450 grocery stores across Ontario and has recently adjusted enabling fees for non-owner brewers in the Beer Store to make it easier for small local breweries to get their products on Beer Store shelves.

Depending on the success of the pilot in improving consumer experiences at LCBO stores, the province plans to eventually expand the program to up to 60 stores across the province.

MEGAN DELAIRE/METROLAND MEDIA

IN BRIEF

From Quebec to Africa, grandmas help grandmas from across an ocean

Almost 11 years ago, a dozen Wakefield, Que., grannies started writing letters and sending financial support to gogos — or grandmothers — in South Africa caring for AIDS-orphaned grandchildren.

"What we didn't dream would happen is the little bit of support we were giving would change their lives," said Brenda Rooney, a member of the Wakefield Grannies.

Rooney said the group has helped out 60 gogos by sending more than $50,000 over the years. Recently, the grannies launched a scholarship fund to pay for one student's first year of university.

One of the biggest fundraisers is the annual Great Granny Concert, which will be held at the Fairbairn House in Wakefield on Sept. 6 or 7, with Tanzanian singer-songwriter Neema Mugala performing this year.

LUCY SCHOLEY/METRO

HEALTH CARE

Francophone day program opening

Hospice Care Ottawa will enter the east end this year with a francophone day program in Orléans.

The new program will operate out of space attached to the Residence Saint-Louis, and is currently operating under the working name Maison de l'Est.

Hospice care can be residential, for end-of-life care, but can also be day programs for those still living with caregivers or at home.

"A lot of people hear hospice and they just think end-of-life," said Kristina Voth-Childs, Hospice Care Ottawa's communications co-ordinator. "But it's actually from the start of the diagnosis."

The east-end hospice will start as just a day program, but Voth-Childs said there are hopes that it could grow to a full-service hospice, such as May Court Hospice in Old Ottawa South, which is a nine-bed residence.

Before program can operate, they need to find francophone volunteers who are available about one day a week to help with the program and complete volunteer training.

"They have coffee and goodies in the morning, tell jokes, have a hot lunch, and then an afternoon full of different activities," Voth-Childs said.

BRIER DODGE/METROLAND MEDIA

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Trudeau vows to shelter women in need

ELECTION 2015

Liberals commit nearly $2B to social infrastructure in first year

Michael Woods
Metro | Ottawa

Liberal Leader Justin Trudeau said his party is committed to addressing the issue of violence against women, a day after NDP leader Tom Mulcair promised to spend $40 million to build and renovate women's shelters if elected.

Trudeau did not specify a figure for funding shelters, but said the Liberals have committed nearly $20 billion in the coming 10 years to social infrastructure, which will include shelters and low-income housing. That includes $1.7 billion in their first year in government.

"These are issues that we know need to be addressed," he said.

"Our federal government will work with the provinces and municipalities to respond to their concerns on building the kind of social infrastructure that Canadians need and expect."

On Monday, Mulcair pledged to spend $40 million over four years on building or renovating women's shelters and said he would create a national action plan to end violence against women.

It's a significant issue in Ottawa. While the number of people using shelters decreased slightly last year, the average length of stay for shelter clients — and families — increased.

That resulted in more than 15,000 additional nights of shelter bed usage in 2014, according to the Alliance to End Homelessness, an indicator of the city's affordable housing shortage.

Tuesday morning in Gatineau, Que., Trudeau said the Liberals are "committed to addressing violence against women."

He also said a Liberal government would lead the way by committing to gender parity in cabinet.

Trudeau also took a shot at Mulcair for backing out of a planned debate on women's issues.

"It's 2015 — it's time the federal government recognize that women's issues are everybody's issues," Trudeau said.

"If Mr. Mulcair was seriously committed to that, he would have accepted to join the women's issues debate that he has refused."

Both leaders have promised to hold a national public inquiry into missing and murdered indigenous women.

> **It's time the federal government recognize that women's issues are everybody's issues.**
> Liberal Leader Justin Trudeau

Justin Trudeau speaks at a campaign stop in Gatineau, Que., on Tuesday. He's pledged about $20 billion over a decade to shelters and low-income housing. PAUL CHIASSON/THE CANADIAN PRESS

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Two sides 'miles apart'

TAXIS

Little action on passenger pickup fee hike

The airport taxi drivers' union and its dispatch company have returned to the bargaining table but remain "miles apart" three weeks into a labour dispute over an increase in airport taxi passenger-pickup fees.

"We're miles apart. They're going to have to make a significant move, or this thing isn't going anywhere," Jerry Dias, Unifor national president, said Tuesday, a day after the two sides met for the first time since a lockout began Aug. 11.

The airport fleet of taxi drivers say they were locked out that day after refusing to each pay a $5 per passenger fee increase. Of that, $3 would go to the Ottawa International Airport Authority, $1.50 would go to taxi dispatcher Coventry Connections, with the rest to cover taxes.

While at the bargaining table on Aug. 31, Unifor said its drivers are willing to double their current fee rate of about $345 per month, which Dias characterized as a "huge concession."

But Coventry rejected the offer, he said.

In a statement on Aug. 31, the chief executive of Coventry Connections said the dispatch company requires "a credible response to the proposals we had tabled at our last meeting with the airport fleet union representatives to go forward."

Still, the company is hoping the two parties can put an end to the labour dispute.

ERIN MCCRACKEN/METROLAND MEDIA

Employees keep an eye on the electrical system at the Hydro One Grid Control Centre in Barrie back in April. Raises will be coming once the utility is sold. THE CANADIAN PRESS FILE

HYDRO ONE

Privatization means shares for workers

Hydro One professional workers will get shares in the newly privatized utility, as well as raises and a lump-sum payment, but the Liberal government says the deal is "net zero."

Energy Minister Bob Chiarelli says savings "derived from hiring flexibility" and "significantly increased" pension contributions from the employees will offset the increases in the three-year ratified deal with the Society of Energy Professionals.

The Liberal government plans to sell off 60 per cent of Hydro One, starting with a 15 per cent initial public offering, but the enabling legislation removed virtually all public oversight from the utility and the sale process, before any shares were sold.

The sale is expected to raise about $9 billion, $4 billion of which the government has said will be used for public-transit projects and the rest to pay down hydro debt.

The value of the shares the Hydro One workers are to receive won't be calculated until the IPO proceeds, said a spokeswoman for Chiarelli.

The Society of Energy Professionals employees will get a number of shares equal to two per cent of their 2015 salary.

This deal follows an agreement between Hydro One and the Power Workers' Union, which will see them get shares equal to 2.7 per cent of their base pay every year from 2017 to 2028.

New employees won't be eligible for shares but will still have to contribute more to their pensions.

THE CANADIAN PRESS

INVESTIGATION

Wanted man accused of assault, confinement

Ottawa police are searching for a 45-year-old man wanted on several charges involving a younger male victim.

Police say they began investigating Brian Lemmon this past July and August "in relation to numerous incidents involving a 21-year-old male victim."

Lemmon faces the following charges:

- Aggravated assault
- Assault with a weapon (two counts)
- Breach of probation (two counts)
- Forcible confinement
- Possession of a weapon for dangerous purposes (two counts)
- Uttering death threats

Lemmon is described as a white man standing about five feet five inches tall and weighing about 155 pounds, with blue eyes and brown hair. He has an eagle tattoo on his upper-right arm and a unicorn on his upper-left arm.

Ottawa police say they won't release any more information because the investigation is ongoing. METRO

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VEGETABLES

Kelowna gardener grows a monster

The record for the world's longest cucumber might belong to a Kelowna, B.C., man — who's also claiming the longest pickle on the planet.

Daniel Tomelin, 54, said his garden has produced a cucumber beyond his wildest expectations.

"I let the thing grow, and it was just starting to touch the ground, and I was kind of saying, 'What is the world's largest cucumber?' I didn't even have a clue."

He looked at the Guinness World Records website, where he learned the record for the longest cucumber is 105 centimetres.

He said he was gobsmacked when his cuke measured 108 centimetres. It reached 113 on Monday, two weeks after he filed his application.

Tomelin decided he would pickle the cucumber and also claim the longest pickle in the world in a category that doesn't yet exist.

It will be about 12 weeks before he hears back about the pickle, Tomelin said.

Two local gardening experts have verified his claim, Tomelin said.

THE CANADIAN PRESS

Numbers say 'recession'

MARKETS

Real GDP contracted for two quarters: StatsCan

Canada's economy hit reverse for the second straight quarter of 2015 — knocking the country into its first technical recession in six years, Statistics Canada data revealed Tuesday.

But the data suggests the recessionary dip could, perhaps, already be passing.

The federal agency said real gross domestic product contracted at an annual pace of 0.5 per cent in the April-June quarter, which followed a revised decline of 0.8 per cent in the first three months of 2015.

There were positives tucked in the highly anticipated figures, however. The second-quarter drop was only half as steep as a consensus of economists had predicted and there was evidence that the decline had bottomed out.

Canada's GDP climbed in June by 0.5 per cent after shrinking over the first five months of 2015. The last time the economy experienced a one-month gain of at least 0.5 per cent was July 2013 when it grew by 0.63 per cent.

Stephen Harper takes a question during a campaign stop Tuesday at a steel plant in Burlington, Ont. ADRIAN WYLD/THE CANADIAN PRESS

The June increase was led by a 3.1 per cent boost in natural resources extraction — the category's first gain following seven consecutive months of decline.

"There's nothing to cheer about in the Canadian GDP numbers, but there's no reason for any more booing than we've already had," CIBC chief economist Avery Shenfeld said Tuesday.

> **The Canadian economy as a whole is now growing.**
> Stephen Harper

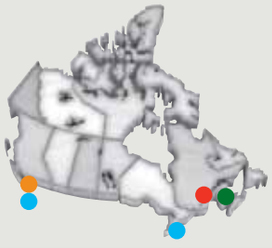
"The economy is contracting through the first half of the year, but the solid gain in June suggests that we'll at least get a breather with a return to growth in the third quarter."

The new batch of data added fuel to the heated political debate over how best to respond to the weakened economy as parties battle for voter support ahead of the Oct. 19 federal election.

Stephen Harper, whose Conservative party has pinned its re-election hopes on its economic record, tried to highlight the positives in Tuesday's new data.

THE CANADIAN PRESS

WHERE THE LEADERS ARE WEDNESDAY



- **Stephen Harper** will be in North Bay, Ont., and Abbotsford, B.C.
- **Justin Trudeau** will be in Quebec City and Trois-Rivieres, Que.
- **Tom Mulcair** will be in Kamloops, B.C.
- **Elizabeth May** will be in Fredericton, N.B.

ELECTION 2015

Rival party leaders seize opportunity

The opposition parties wasted no time pouncing Tuesday when Prime Minister Stephen Harper said "we've had a few weak months" after Statistics Canada reported the economy met the technical definition of a recession at the end of June.

NDP Leader Tom Mulcair said the new numbers were a clear indicator that Conservative economic policies simply were not working.

"Mr. Harper's plan has failed. That's an objective fact," Mulcair told supporters in Kelowna, B.C.

Added Andrew Thomson, a former Saskatchewan finance minister the NDP is touting as a star candidate: "Under Stephen Harper, this has been Canada's lost decade."

Liberal Leader Justin Trudeau allowed that the size of the recession might be marginal, but he said the bigger picture is that Canadians have been living with the reality of a weak economy for months now and don't need official numbers to confirm what they already know.

"What they would have needed is that politicians, rather than getting hung up on definitions, invest in their future and in their jobs," he said in Gatineau, Que.

Economists' opinions were divided. Some saw the recession as relatively mild, while others warned of a rough road ahead.

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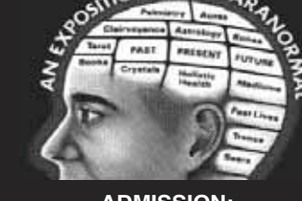

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INVESTIGATION

University student alleged to have made plans to kill

Stephanie Taylor
Metro | Halifax

The university whose faculty and students were allegedly targeted by a disgruntled student planning to kill up to 20 people has been tight-lipped in regards to the situation.

On Tuesday, a woman who works in Dalhousie University's College of Pharmacy building, located next to the Charles Tupper Medical Building, said she's heard nothing from the school in regards to the case of Stephen Tynes or the heightened security measures implemented since.

"We really haven't received any information from the university itself. Everything's just been people talking," said the woman, who chose not to disclose her name.

She said she has heard from friends in the medical school that an internal email was circulated about the incident, but "we certainly didn't get anything in the pharmacy building."

"We access that building all the time to use equipment," she said.

"If it's true that the seriousness of the situation is a lot more than an idle threat, I would have preferred to have been aware that something was happening."

Even if the university was not aware of the gravity of the situation, the woman said, "an email would have been nice."

A sign posted on the ground-level doors of the Charles Tupper Medical Building explains that access to that building and the Clinical Research Centre has been restricted to the courtyard of the Tupper since Aug. 26.

A campus security guard is posted out front of the Sir Charles Tupper Building on Tuesday. Staff and students are under increased security and can only exit and enter through one entrance. JEFF HARPER/METRO

Security has been present at those doors since last week, with students required to show their Dal ID to enter.

In a statement on Tuesday around 9:30 p.m., a university spokesperson said the university is working closely with Halifax police to ensure a safety plan is in place. It also states the student has been suspended and banned from all campus buildings.

The search-warrant documents filed with Halifax provincial court allege that 30-year-old Tynes met with a psychiatrist Aug. 20 and told the doctor he would stab the associate dean of undergraduate medical education and her daughter, who was his classmate.

In the documents, police say they went to an apartment in Halifax and seized 1,834 rounds of rifle ammunition, a Russian SKS rifle, a Henry Golden Boy .22-calibre rifle, a banana clip for a rifle, a baggie with three spring clips and a bore cleaner, two ammunition boxes, a firearms acquisition card and a gun-club card.

WITH FILES FROM THE CANADIAN PRESS

QUEBEC

Doctors to be given guide to euthanasia

The college that regulates Quebec doctors will soon provide practitioners with detailed guidelines — including what drugs to use — for euthanizing terminally ill patients who seek help to end their lives.

But it's unclear whether other provinces and territories will adopt a similar practice when doctor-assisted death becomes legal across the country early next year.

Dr. Yves Robert, secretary of the Collège des médecins du Québec, said the regulatory body has developed a guide that shows doctors how to end a patient's life with sequential injections of three medications: a sedative such as a benzodiazepine to relieve anxiety, a barbiturate or similar drug to induce a coma, and finally a neuromuscular block, which stops the heart and respiration.

The step-by-step instructions also tell doctors what dosages of the medications to use, where to inject the drugs and what to do should complications such as vomiting or an allergic reaction occur.

Robert said euthanasia kits will be prepared by pharmacists based on the physician's prescription. Each kit will contain enough drugs and injection equipment for two euthanasia procedures, in the event a backup set is needed. Doctors must return any unused medication to the pharmacy.

Dr. Cindy Forbes, president of the Canadian Medical Association, said it's too early to say whether regulatory colleges in other provinces and territories would follow Quebec's lead in creating similar guidelines for lethal injection.

THE CANADIAN PRESS

BACKGROUND

With the passage of Bill 52 in June 2014, Quebec became the first jurisdiction in Canada to legalize medical aid in dying for mentally competent patients who meet a strict set of criteria. The law goes into effect in December.

Pope urging mercy

VATICAN

Francis lets priests grant absolution for abortion

Pope Francis attends a service during the World Day of Prayer for the Care of Creation in St. Peter's Basilica at the Vatican, Tuesday. RICCARDO DE LUCA/THE ASSOCIATED PRESS

Pope Francis is applying his vision of a merciful church to women who have had abortions, easing their path toward forgiveness and saying he realizes some felt they had no choice but to make "this agonizing and painful decision."

In a letter published Tuesday by the Holy See, Francis said he was allowing all rank-and-file priests to grant absolution during the Year of Mercy he has proclaimed, which runs Dec. 8, 2015 until Nov. 20, 2016.

The Roman Catholic Church views abortion as such a grave sin that it put the matter of granting forgiveness for an abortion in the hands of a bishop, who could either hear the woman's confession himself or delegate that to a priest who is expert in such situations.

Now, Francis is making it possible for women to bypass this formalized process in the approaching special Year of Mercy while putting the stress on "contrite" hearts.

In a statement after the Pope's letter, the Vatican made clear that "forgiveness of the sin of abortion does not condone abortion nor minimize its grave effects. The newness is clearly Pope Francis' pastoral approach."

Francis made clear he isn't downplaying the gravity of abortion, which the church essentially views as equivalent to murder. But he emphasized that abortion is an intensely personal, often anguished choice for women. "I have met so many women who bear in their heart the scar of this agonizing and painful decision," he wrote.

THE ASSOCIATED PRESS

HEALTH

Midlife obesity linked to earlier Alzheimer's

One more reason to watch the waistline: New research says people's weight in middle age may influence not just whether they go on to develop Alzheimer's disease, but when.

Obesity in midlife has long been suspected of increasing the risk of Alzheimer's. Researchers at the National Institutes of Health took a closer look and reported Tuesday that being overweight or obese at age 50 may affect the age, years later, when Alzheimer's strikes. Among those who eventually got sick, more midlife pounds meant an earlier onset of disease. It will take larger studies to prove if the flip side is true — that keeping trim during middle age might stall later-in-life Alzheimer's. But it probably won't hurt.

"Maintaining a healthy BMI at midlife is likely to have long-lasting protective effects," said Dr. Madhav Thambisetty of NIH's National Institute on Aging, who led the study reported in Molecular Psychiatry.

To explore obesity's effects, Thambisetty's team turned to the Baltimore Longitudinal Study of Aging, one of the longest-running projects to track what happens to healthy people as they get older.

The researchers tracked BMI, or body mass index, a measure of weight to height. Every step up on the BMI chart predicted that when Alzheimer's eventually struck, it would be 6 1/2 months sooner. In other words, someone who had been obese — a BMI of 30 — during middle age on average had their dementia strike about a year earlier than someone whose midlife BMI was 28, in the overweight range, Thambisetty explained.

THE ASSOCIATED PRESS

SILENT START

Cure still elusive

Alzheimer's starts quietly ravaging the brain more than a decade before symptoms appear. With a cure so far elusive, researchers are hunting ways to at least delay the disease, and lifestyle changes are among the possible options.

HUNGARY

Smugglers wait in wings as migrants blocked from trains

Hungary stunned migrants and European partners Tuesday by blocking asylum-seekers from its westbound trains, a move that raised new challenges for the EU's passport-free travel zone and could drive many into the reckless hands of cross-border smugglers.

Hungary's right-wing nationalist government defended its U-turn — just days after it started permitting migrants on the trains without any coherent immigration controls at all — as necessary to send a get-tough signal.

> **There is no logic behind what Hungary is doing.**
> Gabor Gyulai

Human rights activists criticized the action as futile and reckless, given that eastern European gangs have mobilized fleets of vehicles for illegally transporting migrants to Austria, Germany and elsewhere — but at steep prices and in often dangerous conditions. They warned that blocking public transportation would increase risks of a repeat of last week's tragedy when the bodies of 71 people, apparently suffocated, were found in the back of an abandoned truck near Vienna, Austria.

"There is no logic behind what Hungary is doing: Yesterday they let migrants use the trains, and today they do not," said Gabor Gyulai, refugee program co-ordinator for a Budapest-based rights group called the Hungarian Helsinki Committee.

Confusion reigned at Budapest's Keleti train station as migrants arrived with tickets in hand, often costing 200 euros (about $295) each or more, intending to take the morning service to Vienna and the German city of Munich. Barring their way were lines of maroon-capped Hungarian police, some of them in body armour.

THE ASSOCIATED PRESS

Migrants wait to board a train to Germany at the Keleti station in Budapest, Tuesday. ZOLTAN BALOGH-MTI/THE ASSOCIATED PRESS

Americans old at heart: Report

HEALTH

Cardiac organs more decrepit than expected in nearly three of four in U.S.

Your heart might be older than you are. A new government report suggests age is just a number — and perhaps not a very telling one when it comes to your risk of heart attack or stroke.

The Centers for Disease Control and Prevention report takes a new approach to try to spur more Americans to take steps to prevent cardiovascular disease.

CDC scientists estimated the average "heart age" of men and women in every state, based on risk factors like high blood pressure, obesity, and whether they smoke or have diabetes. Then it compared the numbers to average actual ages.

The results?

Nearly three out of four U.S. adults have a heart that's older than the rest of their body, according to CDC calculations.

The Centers for Disease Control and Prevention have taken a new approach to preventing cardiovascular disease, using a model developed in Framingham, Mass. and national survey data to predict the risk of affliction or mortality. TOBY TALBOT/THE ASSOCIATED PRESS

For U.S. men on average, the predicted heart age was nearly eight years greater than their real age. For U.S. women, it was about 5-1/2 years.

"This is alarming. Heart disease is the nation's No. 1 killer," said the report's lead author, CDC scientists Quanhe Yang.

> **This is alarming. Heart disease is the nation's No. 1 killer.**
> Quanhe Yang

"But the bottom line is you can do some very simple things" to become younger at heart, he said.

Each year, one in four U.S. deaths is due to heart disease. Many are heart attacks and strokes. The average age of first heart attack is about 64-1/2 for men and 72 for women, according to the American Heart Association.

The nation's heart disease death rate has been falling thanks to advances in prevention and treatment, including drugs to control blood pressure and lower cholesterol.

The CDC is leading a Million Hearts campaign, launched in 2012 to prevent one million heart attacks and strokes by 2017. CDC scientists were intrigued by a heart age calculation developed by other researchers conducting a large study in Framingham, Mass.

Some research has indicated that Framingham heart age calculations have resonated more with patients than more conventional medical advice and warnings, so CDC researchers used the Framingham model — and CDC national survey data — to produce the first report on heart age across the nation.

"It gives a stark, simple picture of your future risk of having — or dying from — heart attack or stroke," said CDC Director Dr. Tom Frieden.

THE ASSOCIATED PRESS

IN BRIEF

Arkansas governor asked to schedule executions

Arkansas' attorney general has asked Gov. Asa Hutchinson to set execution dates for eight death row inmates in what would be the state's first executions in a decade.

A spokesman for Hutchinson said the governor did not have an immediate timeline for when he would set the dates.

Arkansas has not executed an inmate since 2005 because the state's execution law had been challenged in court

THE ASSOCIATED PRESS

Guatemalan Congress blocked by protesters

Protesters backing Guatemalan President Otto Perez Molina are blocking access to Congress where lawmakers are scheduled to consider a move to withdraw his immunity from prosecution in a widening corruption scandal.

A number of other people have formed a human chain to try to help legislators enter the building in the Central American nation's capital.

THE ASSOCIATED PRESS

ALASKA

Obama pushes for action on climate change, melting glaciers

President Barack Obama turned Tuesday to a dramatic symptom of climate change — a melting Alaska glacier — to highlight the dangers of global warming.

As he mounts his most aggressive campaign yet on climate change, Obama donned hiking shoes for a trek up Alaska's famed Exit Glacier with photographers in tow, a powerful visual designed to make an impact in ways his speeches and ominous warnings have not. The president also was to board a U.S. Coast Guard vessel to tour Kenai Fjords National Park, where swaths of an immense ice field are melting at alarming rates.

Obama's first glimpse of a glacier on the trip came as Marine One whisked him about 45 minutes south of Anchorage to tiny Seward. As he flew past snow-capped peaks and sprawling forests, a sheet of blue-and-white ice could be seen snaking its way through mountains toward a teal-tinged lake.

Obama is counting on Alaska's exquisite but deteriorating landscape to add urgency to his message on climate change, the focus of his three-day tour of the state. He opened the trip Monday night by painting a doomsday scenario for the world if steps aren't taken to cut emissions: entire nations submerged underwater, cities abandoned and refugees fleeing in droves as conflict breaks out.

U.S. President Barack Obama
THE ASSOCIATED PRESS

"We will condemn our children to a planet beyond their capacity to repair," Obama said in a speech. Alluding to the threat of rising seas, he castigated leaders who deny climate change as "increasingly alone — on their own shrinking island."

Some 1,800 sq. km in the Kenai Mountains are blanketed by glacier, remnants of the Ice Age, when roughly a third of the Earth was covered with sheets of ice. One of nearly 40 glaciers springing out from Harding Icefield, Exit Glacier has been receding by 13 metres a year, according to the National Park Service. It has retreated about two kilometres over the last two centuries.

Obama's carefully choreographed trip aims to make an impression with audiences that don't follow the news through traditional means. To that end, Obama also was taping an episode of the NBC reality TV show Running Wild with Bear Grylls, and putting his survival skills to the test.

The itinerary also includes a journey to the Alaska Arctic, the first by a sitting president, amid concerns that the U.S. has ceded influence to Russia in the strategic waters. The U.S. currently has two working icebreakers, compared to Russia's 40.

THE ASSOCIATED PRESS

Oil firms cutting 900 jobs

ENERGY

Sector has lost 35,000 positions so far this year

A fresh wave of layoffs is hitting Alberta's energy sector, with two oil-and-gas companies announcing 900 job cuts on Tuesday, mostly in Calgary, and analysts say they see more on the way.

Penn West Petroleum is reducing its workforce by 35 per cent for a loss of over 400 full-time employees and contractors.

And ConocoPhillips Canada plans to lay off 400 employees, or 15 per cent of its workforce, plus 100 contractors.

Penn West said most of the job cuts announced Tuesday are effective immediately, while ConocoPhillips — which informed employees of its decision a day before making it public — said its workforce reduction will happen by mid-October.

The job cuts come as the industry continues to grapple with oil prices below $50 US a barrel, compared with more than $100 US a barrel last summer, with no big recovery in sight.

Clouds hover over Conoco signs at a service station in Glenrock, Wyo. ConocoPhillips Canada announced Tuesday it is slashing 15 per cent of its workforce following a plunge that took prices to their lowest levels in years. THE ASSOCIATED PRESS FILE

"We don't see a lot of correction in the short term," ConocoPhillips spokesman Rob Evans said Tuesday.

"It's really kind of changing the way we work, and that's resulting in, unfortunately, some staff reductions."

Evans said the ConocoPhillips cuts are part of a 10 per cent global reduction in staff by the major U.S. producer in the current low-price environment.

Penn West chief executive Dave Roberts said Tuesday on a conference call with analysts that he expects the current cycle to be "prolonged and increasingly volatile" and has been forced to make cuts to weather the storm. To reduce spending, Penn West has not only cut jobs but also suspended its dividend, cut board compensation by 40 per cent and further reduced this year's capital budget.

The company is now planning $500 million in capital spending this year, a 40 per cent reduction from its original plan for the year, and will further reduce spending next year by $140 million to $250 million from this year's level.

The Canadian Association of Petroleum Producers estimates Alberta's oil-and-gas sector has already lost 35,000 jobs this year.

THE CANADIAN PRESS

IN BRIEF

Amazon ups the ante in streaming-video fight

Amazon is now letting members of its $99 annual Prime loyalty program download some shows and movies on its streaming-video service to watch offline, or when there is no Internet connection available, for free. Shows will be downloadable to Apple and Android phones and tablets, including Amazon's Fire devices — but not desktops or laptops. The downloadable videos are available to prime members in the U.S., U.K., Germany and Austria. THE ASSOCIATED PRESS

market minute

DOLLAR 75.63¢ (-0.38¢)

TSX 13,481.90 (-377.22)

OIL $45.41 US (-$3.79)

GOLD $1,139.80 US (+$7.30)

NATURAL GAS: $2.702 US (+1.3¢)
DOW JONES: 16,058.35 (-469.68)

PERSONAL FINANCE

Emergency savings low: BMO

Canadians on average are socking away more money for potential financial emergencies than in the past, but a new survey has found that almost a quarter are still living paycheque to paycheque.

The survey, conducted by Pollara for the Bank of Montreal, found that 24 per cent of respondents had hardly anything set aside, and more than half (56 per cent) reported having less than $10,000 in available emergency funds. Christine Canning, head of everyday banking at BMO, describes the ideal emergency savings fund as one that can replace three to six months of income.

$10,000

More than half of Canadians surveyed reported having less than $10,000 set aside for an emergency.

By region, the survey found that those in Atlantic Canada had the lowest average amount of emergency funds set aside at $20,152, with only eight per cent having more than $50,000 available and 27 per cent with between $10,000 and $49,900.

B.C. residents had the most set aside, an average $70,364, with 21 per cent having $50,000 or more and 14 per cent between $10,000 and $49,900. The average amount set aside was $24,671 in Quebec, $41,088 in Ontario, and $40,341 in Alberta.

THE CANADIAN PRESS

INTERNET

Google unveils new-look logo

Google is refining its famous logo as it prepares to become a part of a new holding company called Alphabet.

The revised design unveiled Tuesday features the same mix of blue, red, yellow and green that Google has been using throughout its nearly 17-year history, though the hues are slightly different shades.

Google also invented a new typeface called "Product Sans" that is meant to resemble the simple printing in a grade-school book. It will replace a serif typeface that Google has been using in its logo for more than 16 years. The "e" in the company's name will remain slightly tilted to reflect Google's sometimes off-kilter thinking.

Google

Google's revised design. GOOGLE/THE ASSOCIATED PRESS

The overhaul will change the appearance of the letter "g" that Google uses as its shorthand logo on the smaller screens of smartphones and other mobile devices.

The "g" will now be capitalized and displayed in colour instead of being kept lowercase and white.

A swirl of dots in Google's colours will also appear when a spoken command for information is being processed or one of the company's other services is performing a task.

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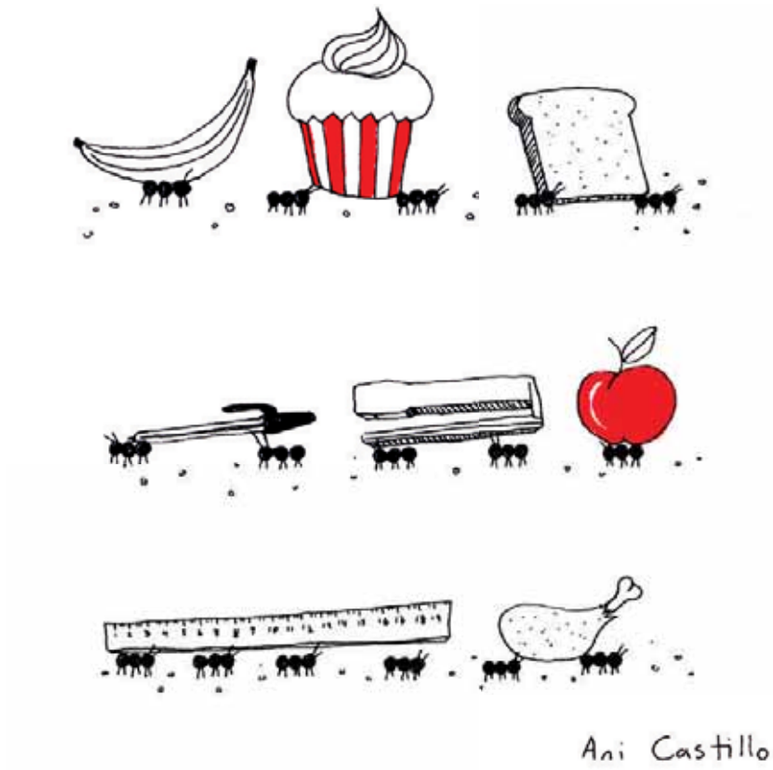
URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

Someone is eating at my desk when I'm not there, and I find it totally disgusting. Can you please write a column about this so I can leave it for the person to see?



Dear Ellen,

Someone is eating at my desk when I'm not there, and I find it totally disgusting. Can you please write a column about this so I can leave it on my desk for the person to see next time they want to chow down at my computer station?

Mia in Calgary

Dear Mia,

Normally I would suggest you speak to the person directly, rather than leaving this column lying on your desk, which could be construed as passive-aggressive. That's its own form of bad manners.

In this case, however, since you don't know the identity of the perpetrator, and since I am always happy to gain new readers, why don't I directly confront this person for you, right here, right now?

Dear Rude, Messy Slob Who Is Secretly Eating at Someone Else's Desk:

It's hard to know where to begin, so let's begin charitably. The fact that you are performing a bodily function in the small, personal space that your co-worker Mia has carved out for herself is not the worst crime on Earth. Perhaps there is a perfectly reasonable explanation. Like: Hers is the only desk, and there is no other horizontal surface within walking distance. Or your job is to test envelopes containing powdery substances that could be anthrax, and so, understandably, you don't want to eat at your own desk. Or maybe you work on the International Space Station, and Mia's desk is the only one equipped with centrifuge gravity simulators that will keep your plate of irradiated protein and rehydrated spuds in place.

If you're the kind of person who doesn't notice or care about leaving splatters and gunk and wrappers around, then you are a rude, messy slob, my friend.

But if none of these situations apply to you, then please know that it is unacceptable for you to eat without permission in another person's workspace. I don't know how to make this any clearer. In fact, Mia, why don't you grab a highlighter and run it over the next sentence before propping this column up on your keyboard?

DEAR RUDE, MESSY SLOB: STOP EATING AT OTHER PEOPLE'S DESKS.

Some of you may be thinking it's too harsh to call someone a Rude, Messy Slob. Although it may not be the worst crime on earth (or even in space), to eat at someone else's desk, it is irrefutably rude and slobby to leave the evidence behind.

If you're going to sit in my chair (maybe my desk has a better view, maybe it's next to the person you want to dine with, maybe you work in a tanning factory and your own desk is right next to the chemical soup that dehairs the pelts — I understand), and you're careful not to leave crumbs, and you don't muck about with my papers and possessions, and I never know you've been there, well, no harm, no foul.

But if you're the kind of supremely selfish person who either doesn't notice or doesn't care about leaving splatters and gunk and wrappers behind, then you are a rude, messy slob, my friend.

And I'd thank you to keep away from my desk.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

The media, to Harper, is a mostly unnecessary evil

Mohamed Fahmy, once again, is in jail in Egypt.

This time, Stephen Harper appears upset enough to speak about the Canadian journalist's case — on Twitter.

"Canada continues to call on Egypt for the immediate and full release of Mr. Fahmy, and full co-operation to facilitate his return home," he, or the handler of his Twitter handle, tweeted.

I don't doubt our government is trying to secure his freedom, even if, as some argue, it's not trying hard enough. (Strong lobbying from Australia's prime minister helped secure the deportation of Fahmy's Aussie co-accused in February.)

But Harper must know respect for journalism cuts both ways — as in, if you call for it in Egypt, you might want to be sure you're practising it at home.

Fahmy has been sentenced for a second time on what his lawyer Amal Clooney called "sham" charges, amid Egypt's crackdown on the media.

The Conservatives say, vaguely, they've been pushing at the "highest level" for his release and return to Canada.

An iPolitics editorial notes that "If Harper offered more details, Fahmy's case would surely get more media coverage — which would intensify the pressure on (Egyptian President Abdel Fattah) al-Sisi to respond."

But that would require sharing information with the press at home. And that would be a dramatic 180 for the PM.

If we're to go by his actions, Harper's interest in the press here is either nonexistent or invisible. He rarely speaks to reporters, and he's been pilloried for silencing public servants. The media — as many of my colleagues have aptly detailed — is, to Harper, a mostly unnecessary evil.

His government views sharing information with the public as a discretionary gift, not a necessity. In this case, it could be argued that has aided the stripping of freedoms of a Canadian citizen abroad.

Freedom of the press exists on a continuum. It doesn't only mean you don't jail reporters for doing their jobs (Fahmy was convicted of "spreading false news" among other charges). Shutting out reporters from campaign rallies in Vancouver for asking about marijuana, refusing any questions during a whole six-day junket in Calgary, and taking the general view that you don't owe the press, or the people, anything — that, too, is an attack on press freedom.

Fahmy's family has been running a #HarperCallEgypt campaign on Twitter since February. Perhaps after that, he could give one of our many respected political reporters the time of day.

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Alex Morgan first profile on LeBron James' Disney show Becoming

Let's do lunch boxes right

BACK TO SCHOOL

Plan ahead and mix it up to keep kids interested

With the start of school right around the corner, now is the time to brainstorm with your kids to line up some new recipes and fun ideas for lunches.

Experts advise that if children have some say in what they eat, it's more likely lunch boxes will be returned home with just crumbs instead of uneaten food.

"One of the ways we can ensure kids eat their lunch is for them to be involved, so if they do feel some ownership over their lunch and they get to choose some of the items, they're more likely to eat them," says registered dietitian Kate Comeau.

Have everyone suggest their favourite lunch and snack and keep a list on the fridge or other prominent spot in the kitchen, says Comeau, spokeswoman for Dietitians of Canada, during an interview from Halifax.

"Keep that page handy so that when you're going grocery shopping and making lunches, you can ensure those foods are readily available and there's lots of variety."

Weekend planning and prepping lunches the night before can go far to alleviate morning mayhem.

"On a Sunday afternoon, instead of sitting down and watching a movie, why not make a homemade granola recipe and talk about measuring ingredients and talk about all the skills that are related to cooking," says Comeau.

"The idea here is the more confidence they have, the more you are empowering them for the future that they'll be able to actively continue to pack their lunch as adults, which we know is a healthier choice."

Have your kids pick from among a selection of foods they like and pack them in a sectioned lunch kit. ALL PHOTOS THE CANADIAN PRESS

> **"On a Sunday afternoon, instead of sitting down and watching a movie, why not make a homemade granola recipe.**
> Kate Comeau, Dieticians of Canada

You can make packed lunches more appealing by giving family members the option to customize their meals, and mix it up from week to week.

Have available a variety of breads — pita, whole-grain buns, wraps — along with additions like roasted chickpeas, cut-up cheese and sliced cucumber, red pepper and tomato. Offer hummus or baba ghanouj as a switch from butter or mayonnaise.

Sunflower seed butter and soybean butter can be substituted for peanut butter, which is often banned from schools due to allergies.

For those who don't like to veer from their favourite sandwich, prep a loaf's worth and wrap and freeze a bunch of lunches individually, suggests TV host and magazine publisher Ricardo Larrivée.

Tired of sandwiches? Experiment with salads containing different grains such as wild rice, millet and freekeh.

"For a less adventurous eater you might stick with something like white rice, which is bit blander, and then add in a little bit of a new grain to try, but having something like a wild rice salad with cranberries and almonds and a little bit of chopped chicken on top can be a great lunch," says Comeau.

Pack a water bottle, not juice boxes, in lunches, adds Comeau.

"Remember that kids don't need juice. Packing water and a piece of fruit is always going to be more nourishing," she says.

Orange sections, melon cubes or grapes packed in a small container are easy to pop into the mouth. Some parents cut an apple into wedges, then reassemble the fruit and hold it together with a rubber band to lessen browning. THE CANADIAN PRESS

BUILD-YOUR-OWN KITS

Tame picky eaters

When it comes to school lunches, variety is important to keep kids from getting bored. A healthy mix also provides different nutrients. "No one fruit or no one vegetable is going to give you everything that your body needs, so the more variety, the better chances we have of covering off our bases," says Kate Comeau, spokeswoman for Dietitians of Canada.

> **"The more variety the better.**
> Dietician Kate Comeau

When it comes to picky eaters, research shows that the more kids try a food the more likely they're going to like it.

"The biggest advice we can give to parents is to not give up," says Comeau.

A popular idea for picky eaters is build-your-own lunch kits. Put something from each of the four food groups in each part of a sectioned container.

"Maybe you'd have pita triangles in one, cheese cubes and hummus and sliced cucumbers. Your child can pick the four things they like and they won't be touching or mixed up," suggests Comeau.

"And don't panic if one of those four sections comes home and it's not eaten ... try again the next day and see what they'd like." THE CANADIAN PRESS

FUN FOOD-TO-GO

Breakfast in a bar

Ingredients
- 2 cups rolled oats
- 1/2 cup natural bran
- 1/4 cup wheat germ
- 1/4 cup all-purpose flour
- 1/4 cup dried cranberries or raisins
- 1/4 cup slivered almonds or chopped walnuts (for a nut-free option, replace almonds or walnuts with dried fruits)
- 2 tsp baking soda
- 2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground nutmeg
- 3 eggs
- 1 cup unsweetened applesauce
- 1/2 cup 1 per cent milk
- 3 Tbsp packed brown sugar

Directions

Preheat oven to 350 F. Spray an eight-inch square baking pan with cooking spray; set aside.

In a large bowl, combine oats, bran, wheat germ, flour, dried cranberries, almonds, baking soda, cinnamon, ginger and nutmeg.

In a separate bowl, whisk eggs, applesauce, milk and brown sugar. Pour over dry ingredients and mix just to combine. Spread into prepared baking pan, smoothing top.

Bake in preheated oven until toothpick inserted near centre comes out clean, 35 to 40 minutes. Let cool in pan on a wire rack before cutting into bars.

Makes 16 snack-size or eight meal-sized bars.
THE CANADIAN PRESS

CELEBRATION RICE

This colourful lunch salad, which combines poultry, rice, vegetables and dried cranberries, is a great way to use up leftover cooked turkey or chicken and also adaptable for vegetarians.

Ingredients
- 1 cup wild rice or wild rice blend
- 4 green onions, thinly sliced
- 1/2 cup chopped cucumber or celery
- 1/2 cup dried cranberries
- 1 cup diced cooked turkey or chicken (Omit for vegetarian version; replace with cooked beans or lentils, if desired)
- 1/2 cup crumbled light feta cheese
- 3 Tbsp raspberry vinaigrette

Directions

In a pot, cover wild rice with water and bring to a boil.

Cover slightly and simmer for about 30 minutes or until rice is tender.

Drain well and place in a large bowl.

Add green onions, cucumber and cranberries.

If using, add chicken and feta. Add vinaigrette and toss well to combine.

Makes six 1-cup servings.
THE CANADIAN PRESS

WORD OF MOUTH

Adding spice to dishes can make you feel full sooner

ISTOCK

Things are starting to heat up in the arena of overeating.

Did you know that your stomach has nerve sensors that feel pressure from the inside when you eat? The Japanese have a term called Hara Hachi Bu which means to "eat only until you feel 80 per cent full."

Recent research indicates that eating spicy foods can encourage those nerves to respond a little more quickly.

This means that you may be able to feel full when you are at that 80 per cent mark rather than at the 125 per cent of a buffet dinner.

Here are some ways to spice up your food

- Add a dash of spice to hot chocolate as they do in Mexico
- Use chopped jalapenos in salads
- Keep a jar of hot peppers in the fridge and add to every sandwich
- Choose spicy versions of your favourite condiments
- Keep hot chili pepper flakes on the table with your salt and pepper to remind you to punch it up
- Use sriracha sauce wherever you would use ketchup
- Double up on the black pepper

Of course, what you put the spice on matters more than the spice itself. You can heat up fish and chips with chipotle mayo all you want and you will still be behind in the game of trying not to overeat.

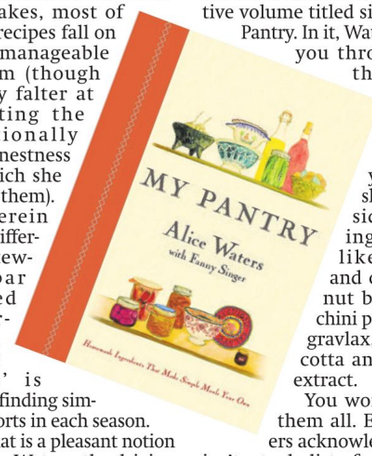
THERESA IS AN ON-CAMERA FOOD AND HEALTH EXPERT, NUTRITIONIST AND WRITER WHO LOVES TO SPREAD THE WORD ON FOOD

COMFORT FOOD

Keep it in your pantry the Alice Waters way

When it comes to aspirational cooking, it's tough to top Martha Stewart and Alice Waters.

But while you may never master Stewart's frustratingly perfect soufflés and multi-tiered cakes, most of Waters' recipes fall on a more manageable spectrum (though you may falter at replicating the aspirationally high earnestness with which she presents them). And therein lies the difference: Stewart's bar is based on perfection, while Waters' is keyed to finding simple comforts in each season.



And that is a pleasant notion to pursue. Waters, the driving force behind Berkeley, Calif.'s iconic Chez Panisse restaurant and author of numerous cookbooks, deftly imbues her often basic and nearly always seasonal recipes with feelings you want to evoke. And you can come away feeling better for having chased the comfort found in her recipes.

All of this comes into play in her latest cookbook, a diminutive volume titled simply, My Pantry. In it, Waters walks you through not the basics you should buy, but those you should consider making. Things like tahini and chocolate nut bark, zucchini pickles and gravlax, fresh ricotta and vanilla extract.

You won't make them all. Even Waters acknowledges this isn't a to-do list of must-have items. They are basic, comforting foods you may want depending on your time and place and mood. And she's happy to show you how.

THE ASSOCIATED PRESS

The minimum wage is going up.

Here's what you need to know:

Minimum Wage Rate	June 1, 2014 to September 30, 2015	As of October 1, 2015
General Minimum Wage	$11.00 per hour	**$11.25** per hour
Student Minimum Wage: Students under 18 and working 28 hours per week or less when school is in session, or work during a school break or summer holidays	$10.30 per hour	**$10.55** per hour
Liquor Servers Minimum Wage	$9.55 per hour	**$9.80** per hour
Hunting and Fishing Guides Minimum Wage: Rate for working less than five consecutive hours in a day	$55.00	**$56.30**
Hunting and Fishing Guides Minimum Wage: Rate for working five or more hours in a day whether or not the hours are consecutive	$110.00	**$112.60**
Homeworkers Wage: Employees doing paid work in their own home for an employer	$12.10 per hour	**$12.40** per hour

On October 1, 2015, the general minimum wage will increase to $11.25, from the current rate of $11.00. The minimum wage will be reviewed on a yearly basis. The rates will be published by April 1st and come into effect on October 1st of the same year.

Find out more about minimum wage:
1-800-531-5551 | ontario.ca/minimumwage

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Whopper of a moneymaker

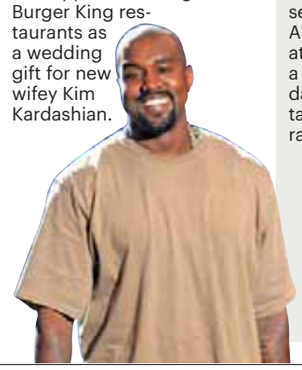
Chris Brown recently revealed that he owns a bunch of Burger King restaurants. Turns out he's one of a number of celebrities who supersize their success with fast-food franchises. AFP

Chris Brown: Burger King

In a fun facts list published in US Weekly magazine, Brown revealed that he's a franchisee for the home of the Whopper and owns 14 Burger King restaurants across the U.S. And while the franchise partnership may sound incongruous to the glamorous life of an R&B singer, he's the latest celebrity to turn to franchising as a way to invest his money and have it work for him.

Kanye West: Fatburger, Burger King

A fan of the West Coast burger brand, Yeezy opened a slew of Fatburger restaurants in his home town of Chicago. Last year, it was reported that the rapper also bought 10 Burger King restaurants as a wedding gift for new wifey Kim Kardashian.



Magic Johnson: Burger King, TGI Friday's

Brown follows in the rather big footsteps of former Lakers star Earvin "Magic" Johnson who owns 30 Burger King restaurants. He also owns several AMC Theaters and a TGI Friday's restaurant.

Venus Williams: Jamba Juice

On the lighter side of fast franchising stands Venus Williams, who owns four Jamba Juice locations in the Washington, D.C. area. The tennis star says the brand jives with her healthy lifestyle, and she's also the company's celebrity spokeswoman.

Peyton Manning: Papa John's

It's the perfect tie-in: As the junk food of choice among football fans, star player Peyton Manning made the decision to become a franchisee of Papa John's, the official pizza brand of the NFL. It's estimated he owns 21 restaurants in Denver.

Shaquille O'Neal: Auntie Anne's

Enamoured with the soft pretzels served at Auntie Anne's, the retired NBA star has taken on 19 stores across the U.S. and is also invests in Five Guys Burger and Fries.

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Comment triggers apology

Actor Idris Elba is allegedly being considered to be the next Bond. ALL PHOTOS GETTY IMAGES

007

Horowitz apologies for saying Elba not right for role

The author of the new James Bond novel apologized on Tuesday after he said that British actor Idris Elba is "too 'street' for Bond."

Anthony Horowitz, who wrote Trigger Mortis, made the comment in an interview with the Daily Mail newspaper, published over the weekend.

Elba, 42, has been rumoured to be among the actors considered to replace Daniel Craig as the next Bond. He would be the first black actor to play the spy should he be cast.

"Idris Elba is a terrific actor, but I can think of other black actors who would do it better," Horowitz was quoted saying. "It's not a colour issue ... Is it a question of being suave? Yeah."

Horowitz said Tuesday he was thinking of Elba's gritty detective role in the BBC crime drama Luther during the interview, and did not mean to cause offence.

> **For me, Idris Elba is a bit too rough to play the part. It's not a colour issue.**
> Author Anthony Horowitz

"In the article I expressed the opinion that to my mind Adrian Lester would be a better choice but I'm a writer, not a casting director, so what do I know?" he said in a statement that was posted to his Twitter account. THE ASSOCIATED PRESS

SPIDER-MAN

'That's canning Coke'

Andrew Garfield has had a lot of time to think about his time playing Spider-Man for two films before Sony's recent decision to once again reboot the franchise, and his thoughts have not been pleasant.

"(The films are) mass-marketed. Like, 'We want 50-year-old white men to love it, gay teenagers to love it, bigot homophobes in Middle America to love it, 11-year-old girls to love it.' That's canning Coke. So that was a bummer," Garfield tells the Playlist. "I understand people want to make a lot of money, and they're going to spend a lot of money so the playpen can be as big as it was. I can't live that way. It sounds like a prison, to be honest, living within those expectations."

NED EHRBAR/METRO IN HOLLYWOOD

BAD BLOOD

McKellen vs. Swift

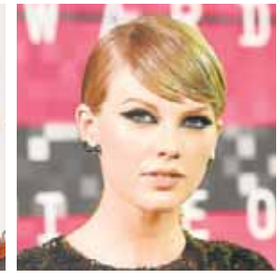
IN HOLLYWOOD
Ned Ehrbar

While Ian McKellen's BFF, Patrick Stewart, might have been thrilled at the prospect of joining the ever-ballooning ranks of Taylor Swift's squad, McKellen himself is in no rush.

In fact, he even turned down Swift's invitation to make a cameo at one of her recent L.A. gigs. Saying no to Swift? Apparently it is possible.

So why did the X-Men and Lord of the Rings star decline the offer? It turns out the two have a bit of a history.

"When I was living in Peter Jackson's apartment in New York, Taylor Swift bought it while I was there and I was thrown out before I wanted to leave. That hardly puts me in Taylor Swift's team, does it?" McKellen reveals to Gay Star News. "She bought it, she had every right to. I was just lodging there for free. She did ask me to appear with Patrick Stewart at her show in L.A., but I had something else to do that night." That is some impressive shade, sir.



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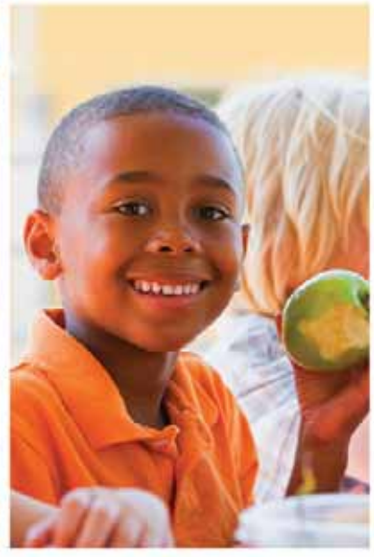

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Your essential daily news

Tesla Model S P85D breaks Consumer Reports' rating system, scores 103/100

ROAD TESTED

Here's one for the off-road

Toyota has stuffed the available TRD Off-Road edition with features that make it one of the most trail-capable pickups of any size.

THE CHECKLIST | 2016 TOYOTA TACOMA

THE BASICS

Type. Four-door, five-passenger compact pickup truck
Engine (hp/torque). 2.7-litre four-cylinder (159/180); 3.5-litre V6 (278/265)
Transmissions. 5-speed manual (I4); 6-speed manual (V6); 6-speed automatic
Price. TBA

COOL FEATURES

- Standard fog lamps and heated mirrors
- GoPro windshield mount
- Qi wireless smartphone charging
- Available sunroof
- Locking and damped tailgate
- Available blind spot monitoring and cross-traffic alert
- Composite cargo bed

JIL MCINTOSH/FOR METRO

POINTS

- The V6's fuel-saving technology is also used on some Lexus models.
- The off-road package has an impressive approach angle of 32.1 degrees to handle rough terrain.
- New noise-suppressing features result in an extremely quiet cabin.
- The new frame is designed so that existing aftermarket accessories designed for the outgoing truck will still fit.
- A backup camera, and driver and passenger knee airbags, are standard on all models.

MARKET POSITION

While the full-size pickup segment is the most popular, compact and midsize trucks still take a slice of the market. Toyota's biggest concern is GM's new trucks, and this update, along with the improved off-road capability, should keep the Tacoma in the running.

THE COMPETITION

Chevrolet Colorado
Base price: $19,900

GMC Canyon
Base price: $20,600

Nissan Frontier
Base price: $22,748

REVIEW

Multi-terrain selector, 'crawl control' among Tacoma's tricks

Jil McIntosh
Metro | Canada

For those of us who love trucks, it's always exciting to get behind the wheel of a new model. That was the case recently with the redesigned 2016 Toyota Tacoma, which I drove not just on-road, but on a punishing off-road course, too.

While its pavement performance rates about the same as with the outgoing Tacoma, Toyota has stuffed the available TRD Off-Road edition with features that make it one of the most trail-capable pickups of any size.

A 2.7-litre four-cylinder is carried over, while the 3.5-litre V6 is all-new. It uses technology that automatically adjusts the fuel delivery and engine performance to improve fuel economy, depending on the power needed, and is available with a six-speed manual or automatic transmission.

As before, the Tacoma comes as an Access Cab with rear-hinged back doors, or as a Double Cab with four regular doors, and in two- or four-wheel drive.

The redesigned cabin looks more upscale than before, but unfortunately the seating position hasn't changed. The seats are still set low on a high floor, and my leg gets cramped because I'm forced to sit with my knee too straight.

The off-road model's tricks include a multi-terrain selector to dial in the best automatic settings for snow, mud, sand or rocks, and a "crawl control" feature that works like low-speed cruise control. Once it's set, all you have to do is steer while the Tacoma pulls itself up or down the steepest hills. And if you want to prove it to your friends, a GoPro camera mount on the windshield is standard equipment on all models.

Towing capacity increases to 6,500 lbs. (2,548 kg), but Toyota says that smaller trucks are usually used more for hauling, and so payload rises to 1,620 lbs. (735 kg), and the tailgate has been reinforced to better handle ATVs and dirt bikes.

The new truck goes on sale later this month.

SURVEY

Auto service industry has room for improvement, socially

AUTO PILOT

Mike Goetz

If you ever want to bring it down after a period of feeling too good, I find nothing works better than hanging around a service department or service shop waiting room, especially when it's full of nervous, pacing customers.

It's quite the vibe!

So we are not shocked at the results of a recent Canadian survey that asked how satisfied people were with the professional establishments that fixed and/or serviced their vehicles.

Turns out, the shops have room for improvement.

"There is significant opportunity to improve the service experience, as just 15 per cent of all service occasions in the last 12 months resulted in an overall customer satisfaction rating of 10 (out of 10), compared with 67 per cent of service occasions rated 8 or below," noted J.D. Ney, manager of the Canadian automotive practice at J.D. Power.

But what J.D. Power found interesting about these results, and the results of similar studies done over the last few years, was the source of the discontent.

Before, service shops were screwing up the actual work; now they're just screwing up the social interaction part.

Ney noted that "fixed right the first time" was a challenge for shops in past decades, but now it's happening 92 to 93 per cent of the time.

"Today customers expect you fix the problem.… Just by fixing it (the shops) are just meeting the very base level of expectation."

He adds that people today are more apt to gauge the happiness level of their service experience on how they were treated by the people in charge of interacting with them, and the current level of that interaction is not that good.

$232

The average amount spent on a service visit last year

SOURCE: J.D. POWER 2015 CANADIAN CUSTOMER SERVICE INDEX LONG-TERM STUDY, FOR OWNERS WITH VEHICLES BETWEEN FOUR AND 12 YEARS OLD.

"I think what the automotive service industry has lacked for a long time is a focus on what might be called the softer skills."

This relates more to how the service adviser or technician greets the customer, and how they interact, inform and advise their customers as they move through the service experience.

In fact, Ney feels auto shops, both dealerships and otherwise, would be wise to adopt the Starbucks "barista" mentality, which is just as much about welcoming and making the customer feel good about his decision to visit Starbucks as it is about making the perfect iced peppermint white chocolate mocha.

With more dependable vehicles that also need less maintenance, Ney notes that we now tend to visit service facilities only two or three times a year, with a definite trend to only twice a year. That means more items need to be addressed when we do visit, and sometimes shop staff do a poor job at explaining why all this stuff needs to be done then and why it costs what it does.

Special Delivery: Impreza WRX

What test car is Garry bringing us this week? We literally have no clue until it lands in our driveway, but who are we to doubt Garry Sowerby, who has a bazillion Guinness records for around-the-world driving? That's a bazillion more than we have, after all. Come along for the ride as we deliver real-life, no-glam reviews.

JEFF MELNYCHUK WHEELBASE MEDIA

Of all the automakers out there, Subaru appears to have a good head on its shoulders.

A solid moral compass. Like a grandfather you can always count on for wisdom when you lack it, entirely.

And then there's weirdo uncle Ed — that would be the Subaru WRX — defying all logic and standing out like a sore thumb in a line of family-friendly transportation devices.

Weirdo Ed has always gone his own way and never worried too much about what others thought. His advice would be to live for today and buy what makes you feel good.

There are four doors on the WRX, but practicality is not the hot ticket, here. It could have no doors and a rope ladder to get you in through a submarine porthole in the roof and it's unlikely that buyers would care. Heck, they might even like it. The wackier the WRX is, it seems, the better.

That has to be the reasoning for a car that costs precisely $10,000 more (base price to base price) than the exact same car without the WRX's 268-horsepower turbocharged four-cylinder engine. And without the lumpy bodywork and quad exhaust. Yes, one exhaust tip for each of the four cylinders.

If you're looking for sage advice, you might as well stop reading right here and now because weirdo uncle Ed is in the house.

This particular WRX has some subtle extras and rings in at about $32,700 (plus destination charges and taxes and junk), but you can drop close to $40,000 on a WRX with all the trimmings and more than $45,000 for the virtually identical-looking 305-horsepower WRX STI.

The primary buyers appear to be young men in their 20s — and Garry, it would seem — who swoon over the exaggerated body bulges, dark wheels and blue paint. Most who struck up conversations at gas stations and food trucks were eventually a little disappointed and even expressed some sympathy that it wasn't the hero STI.

The Subaru Impreza WRX: Not pretty, but pretty blue. Too-tiny wheels, too. ALL PHOTOS WHEELBASE MEDIA

Still, 268 horsepower from the boosted 2.0-litre is decent, even though most midsize family sedans for the same kind of the money (or less) will have more room and smooth V6 engines that make around 300 horsepower. Only a couple offer all-wheel drive, but the point is that value is in the eye of the beholder. If you're buying a WRX, it's because you really want a WRX.

It's not extra money just for the name, though. Its best attribute is the way it drives on the highway, requiring zero correction of the wheel. It stays put in the lane, rides smoothly and it has enough power so you don't have to downshift the manual transmission to fifth from sixth (a continuously variable transmission is optional) to overtake slower traffic.

Around town, however, power delivery is bouncy/inconsistent and it's difficult to execute a shift that doesn't involve some form of whiplash. There's also very pronounced — young men might find it soothing, though — exhaust drone when the engine idles down.

Otherwise, it's roomy and the interior is fine if not a bit underwhelming with Halloween-orange dials, two clocks positioned right beside each other and an audio system that's dying for an upgrade, which you can of course spend more money to do.

For true enthusiasts of the WRX, just OK in some areas will be just fine because merely owning Subaru's weirdo uncle Ed is all that really matters.

"The wackier the WRX is, it seems, the better.

Big scoop makes Uncle Ed look a little hangry.

Roomy, though the interior is a bit underwhelming.

LET'S TALK

WOW: It's really, really blue; sensational ride and steering; roomy; young men swoon.

HMM: Power? Reality falls short of the legend; 17-inch wheels look tiny; interior shortcomings considering cost; disappointing looks from people when they realize it's not the STI; hollow audio system.

Mash-up of display styles. Hard to know where to look.

Sometimes one clock just isn't enough?

Garry acts like a 20-year-old, so the WRX suits him nicely.

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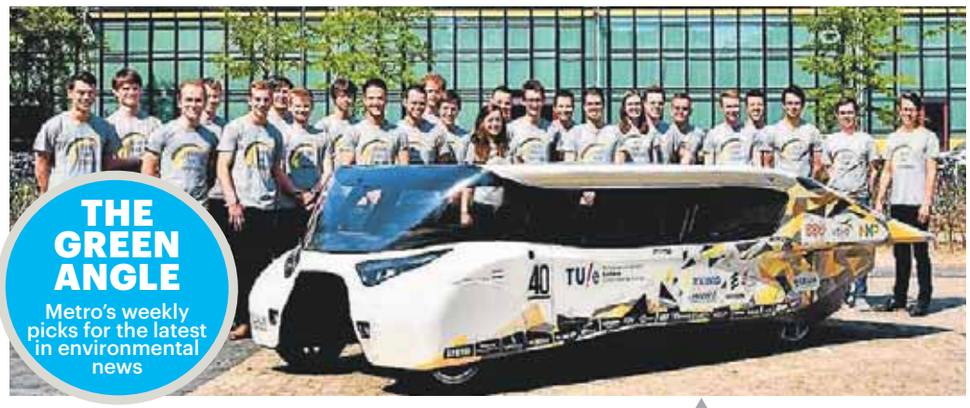

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ENERGY

Student-designed solar vehicle produces more power than it uses

Dutch students have developed a family car that's solar-powered and generates more energy than it uses. The Stella Lux, developed by a group of 21 students from the Eindhoven University of Technology, seats four adults and is designed to be efficient, intelligent and comfortable; the project's aim was to create "the car of the future." Besides generating electricity through 5.75 square metres of solar cells, it carries an additional 15 kilowatts of battery capacity. With a full charge, it has a range in excess of 1,000 kilometres and a top speed of 125 km/h. It will compete in the World Solar Challenge later this year in Australia.

USED CARS

Off-lease Leafs get lofty lauds

The all-electric Nissan Leaf sedan is a better-than-average choice among used cars, according to independent product watchdog Consumer Reports. And now is an especially good time to buy, if you can find one. That might soon become easier as the first 2011 Leafs approach the end of their leases. The sedan scored well when the magazine first tested it, impressing with its quietness, smooth operation and interior space. It gave the 2011 model its highest rating, "much better than average." The 2012 and 2014 models got a "better than average" rating while the 2013 Leaf scored "average." Used Leafs still might be difficult to find, however; Nissan is offering incentives to its U.S. customers of between $5,000 and $7,000 to buy their cars at end of lease.

FUEL ECONOMY

BMW previews water-injection technology

BMW has developed a water-injection system that it says offers improved performance and fuel economy.

The automaker's latest three-cylinder 1 Series prototype is fitted with water-injection technology that creates lower combustion temperatures and improves fuel economy by up to eight per cent. Lower combustion temperatures bring improved economy and reduce the risk of the engine developing "knock," allowing it to run a higher compression ratio than normal. BMW's system, says Gizmag, draws water from a small tank and sprays a fine mist into the intake manifold plenum where it evaporates, reducing temperatures by about 25 C.

metro SPORTS

Jose Reyes started off a rare triple-play in the Rockies' 6-4 loss to Arizona

Wednesday, September 2, 2015

Wozniacki eases through

U.S. OPEN

Dane into 2nd round as top women seeds drop like flies

Caroline Wozniacki crashed John Isner's post-match news conference, needling her good friend for arriving late to his interview session and delaying the start of hers.

The fourth-seeded Wozniacki was in quite a hurry Tuesday, when she needed just 67 minutes to win her first round match at the U.S. Open against an opponent making her Grand Slam debut. Those sorts of lopsided victories have been rare among the top women so far in the first round.

Of the first 25 seeded players to take the court, nine lost. Half of the top 10 women are already out, counting third-seeded Maria Sharapova's withdrawal because of injury.

This comes in a year when the main spectacle is whether Serena Williams can complete the first true Grand Slam since Steffi Graf in 1988. Less than two days into the tournament, fewer and fewer top rivals stand in her way.

Even with Wozniacki in the audience, Isner stated the obvious about the women's field.

"Caroline's got as good a shot as anyone. Obviously Serena is the favourite," the 13th-seeded American said after his own straight-set victory.

Denmark's Caroline Wozniacki smiles after defeating Jamie Loeb of the USA during their U.S. Open Women's Singles Round 1 match in New York. KENA BENTACUR/AFP/GETTY IMAGES

Sixth-seeded Lucie Safarova, who pushed Williams to three sets in the French Open final, was upset by 37th-ranked Lesia Tsurenko earlier Tuesday.

She said after losing 6-4, 6-1 that she was bothered by a strained abdominal muscle on her right side that she hurt in losing the New Haven final Saturday.

Like Wozniacki, second-seeded Simona Halep had no trouble, moving on in 47 minutes on a hot, humid day when Marina Erakovic retired in the second set. Halep was leading 6-2, 3-0.

> **"I just felt like maybe it could be one of those matches I just couldn't see coming. So thankfully I took this match extremely serious.**
>
> Roger Federer on his victory over Leonardo Mayer. The Swiss had to save 5 match points on his last meeting with the Argentine.

Wozniacki, last year's U.S. Open runner-up to Williams, beat NCAA champion Jamie Loeb 6-2, 6-0.

The 20-year-old Loeb earned a wild card into the draw by winning the college title as a sophomore at North Carolina.

Just four seeded women lost in the first round last year. Since the tournament started seeding 32 players in 2000, the largest number of women's seeds to fall in the opening round was 10 in 2012.

On the men's side, second-seeded Roger Federer routed Leonardo Mayer of Argentina 6-1, 6-2, 6-2 in a brisk 77 minutes.

The 34th-ranked Mayer had given the 17-time Grand Slam champion trouble in their only previous meeting, when Federer saved five match points to win in three sets in Shanghai last year.

"I actually wasn't so confident yesterday and today," he said. "I just felt like maybe could be one of those matches I just couldn't see it coming. So thankfully I took this match extremely serious. I thought at times almost I was taking it a bit too serious.

"I got that lucky in Shanghai, so that's why it was just creeping around in my mind that maybe today was going to be a bad day."

American Donald Young rallied from down two sets and a break to stun 11th-seeded Gilles Simon. The 68th-ranked Young won 2-6, 4-6, 6-4, 6-4, 6-4 in 3 hours, 34 minutes with a packed Court 17 urging him on.

Simon had been 5-0 against Young. The Frenchman lost in the opening round for the first time in nine appearances at Flushing Meadows.

THE ASSOCIATED PRESS

Canada's Andrew Wiggins was unable to prevent Argentina from edging the contest. EDUARDO VERDUGO/THE ASSOCIATED PRESS

OLYMPIC QUALIFYING

Scola dents Canadian hopes

Luis Scola gave Canada's talented but inexperienced basketball team a lesson on just how hard it is to qualify for the Olympic Games.

The veteran power forward scored 35 points and added a game-high 13 rebounds to lead Argentina to a 94-87 win over Canada on Tuesday at the 2015 FIBA Americas basketball championship.

The Toronto Raptors, who signed Scola after last season, must have been thrilled watching the 35-year-old dominate the court like he was 10 years younger. Scola bullied his way to rebounds, created turnovers and was accurate from two-point range. He had two steals and two assists while shooting 57 per cent form the floor.

TUESDAY In Mexico City

ARGENTINA	CANADA
94	87

Point guard Nicolas Laprovittola added 20 points and four assists for Argentina, which opened with a 91-86 win over Puerto Rico on Monday.

Minnesota Timberwolves teammates Andrew Wiggins and Anthony Bennett led Canada with 13 points each, with Boston centre Kelly Olynyk adding 10 rebounds and Raptors point guard Cory Joseph dishing out seven assists.

Canada (0-1) will try to get back on track to qualify for the 2016 Olympics when it faces Cuba on Wednesday. The top two teams in Mexico City qualify for the Rio Games.

THE CANADIAN PRESS

IN BRIEF

Dodgers get Heisey back from Blue Jays

The Dodgers acquired outfielder Chris Heisey from the Toronto Blue Jays in exchange for a player to be named later or cash considerations in a minor league deal.

Heisey started the season with the Dodgers, appearing in 17 games for Los Angeles before being designated for assignment on July 30.

The 30-year-old Heisey combined to hit .218 with 16 homers and 39 RBIs in 80 games with the Dodgers' Triple-A Oklahoma City affiliate and Toronto's Triple-A Buffalo.

THE ASSOCIATED PRESS

Jackson keen to reunite with Lynch in Seattle

After being released by the Buffalo Bills, running back Fred Jackson is looking for an opportunity to reunite with former teammate Marshawn Lynch in Seattle.

Jackson travelled to Seattle to meet with the Seahawks on Tuesday, but coach Pete Carroll cautioned that no deal has been struck. Carroll said Jackson would be going through a physical.

"This is a visit for us. It's not a signing," Carroll said. "We have tremendous respect for Fred as a player. He's tough, he's sharp, he's smart, so we need to see where he is right now at 34 years old and see what he's like." THE ASSOCIATED PRESS

Olympic promise made to test polluted Rio waters

Olympic organizers promised Tuesday to introduce viral testing in the polluted waters in Rio de Janeiro where about 1,400 athletes will compete in 2016.

The IOC and Brazilian organizers had repeatedly insisted that only bacterial testing was required despite an independent five-month analysis by The Associated Press showing dangerously high levels of viruses from human sewage at all Rio Olympic water venues.

Acknowledging that viral water testing was now necessary, local organizers said that they were studying how best to carry out the analysis.

THE ASSOCIATED PRESS

IN BRIEF

Martial highest paid teen in history of soccer

Manchester United took a gamble in making French forward Anthony Martial the most expensive teenager in soccer history as Premier League spending in the summer transfer window reached record levels on Tuesday.

England's top clubs were either inactive or being frustrated on the final day of trading until United announced the signing of the 19-year-old Martial, whose move from Monaco is reportedly costing at least $41.6 million.

The deal took total spending by Premier League clubs in this transfer window to about $975 million, beating the record of $947 million set last summer, according to football finance experts Deloitte.

THE ASSOCIATED PRESS

Riders name new head coach after housecleaning

Bob Dyce was named the Saskatchewan Roughriders' interim head coach after Corey Chamblin was fired Monday night, along with general manager and vice-president of football operations Brendan Taman.

The moves came a day after Saskatchewan lost a humiliating 35-13 road decision in Ottawa to drop to 0-9 on the season.

Dyce doesn't have the luxury of time to get settle into his new gig as Saskatchewan hosts the Winnipeg Blue Bombers on Sunday.

THE CANADIAN PRESS

Edmonton Oilers draftee Connor McDavid shoots a puck over a photographer during the NHLPA Rookie Showcase in Toronto on Tuesday.

DARREN CALABRESE/THE CANADIAN PRESS

McDavid ready to play

NHL

Oilers' young star looks forward to rookie year

As Connor McDavid was going through his draft year, agent and Hall of Famer Bobby Orr knew his client had to get stronger to play at the NHL level.

After a summer of training McDavid feels like he has done that, and now he's ready to showcase his skills at the Edmonton Oilers' training camp later this month.

"I feel as good as ever and as strong as ever," McDavid said Tuesday at the NHL Players' Association rookie showcase.

McDavid took the ice with 38 fellow prospects at Mattamy Athletic Centre at the old Maple Leaf Gardens as he continued his journey toward his first NHL season. He'll soon have a rookie card, be at rookie camp and then the games can begin.

"Just trying to take it one step at a time, and right now it's training camp."

Connor McDavid

As long as he's healthy, McDavid should make his NHL debut Oct. 8 at the St. Louis Blues. But the 18-year-old from Newmarket, Ont., said he isn't thinking far enough ahead to worry about the home opener, or his first game against the likes of highly touted Sabres rookie Jack Eichel or Penguins superstar Sidney Crosby.

"My main focus is getting there for training camp and have a good training camp," McDavid said. "I'll worry about that stuff as it comes up. Just trying to take it one step at a time, and right now it's training camp."

McDavid's first step is rookie camp as the Oilers will face the Vancouver Canucks, Calgary Flames and Winnipeg Jets at a tournament in Penticton, B.C., Sept. 11-14. McDavid already stood out at Edmonton's summer development camp, and the rookie tournament is just another showcase.

The Oilers' full camp will be McDavid's first real test, skating alongside Taylor Hall, Ryan Nugent-Hopkins, Jordan Eberle and the rest of the Oilers' young core. It'll be the first camp for new coach Todd McLellan, and McDavid has set his goal as making an impression on the staff.

THE CANADIAN PRESS

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RECIPE Penne with Roasted Asparagus, Cherry Tomato, Arugula and Goat Cheese

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 10 minutes
Cook time: 10 minutes

Ingredients
- 2 cups uncooked penne
- 12 medium asparagus spears, trimmed
- 2 cups cherry or grape tomatoes
- 2 oz crumbled goat cheese (1/2 cup)
- 1/2 cup pitted black olives, sliced in half
- 2 cups baby arugula or spinach

Dressing
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 tsp Dijon mustard
- 1 tsp minced garlic
- Salt and pepper

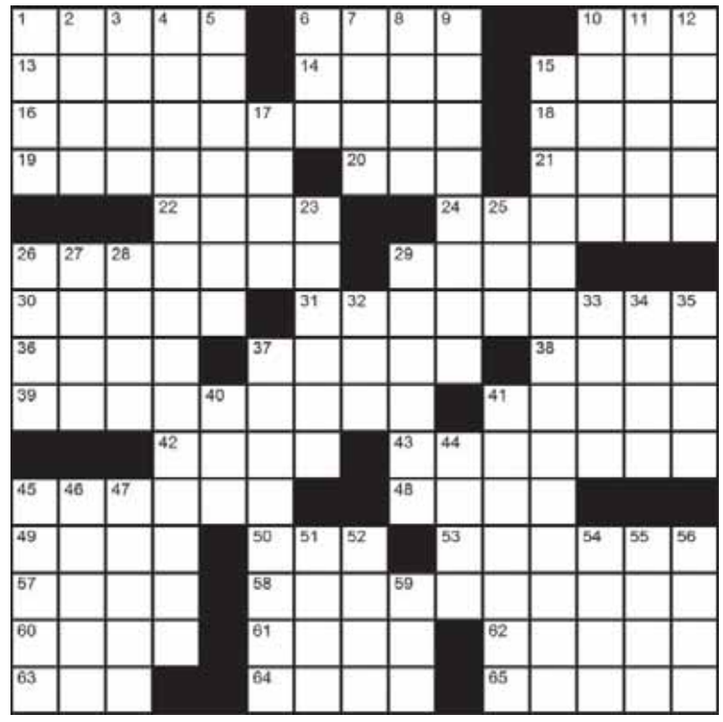
Directions
1. In preheated oven of 400 F, place asparagus and cherry tomatoes on baking sheet. Spray with vegetable oil and roast for 10 minutes.
2. Meanwhile, in a pot of boiling water, cook penne until just firm to the bite, about eight minutes. Drain and place in serving bowl. Cut asparagus into one-inch lengths and add to pasta along with tomatoes.
3. Add cheese, olives and arugula to pasta.
4. Dressing: Combine ingredients in small bowl and add to pasta.

Nutrition per serving (recipe serves 4)
- Calories 390
- Protein 13 g
- Carbohydrates 53 g
- Fibre 4 g
- Total fat 14 g
- Saturated fat 4 g
- Cholesterol 10 mg
- Sodium 230 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Arcade Fire's "Neighborhood #2 (_)"
6. Hightail it
10. "Curb Your Enthusiasm" star Mr. David, casually
13. Wearing _ _ (Smiling)
14. Stockings
15. "The Flintstones" pet
16. Realm for a journalist's work: 2 wds.
18. Swedish store
19. Horse riding seat
20. Wild ox
21. Enthusiasm
22. Packet of paper
24. Harry Potter, for one
26. Toronto-born actress Ms. Watson whose name is Western-inspired
29. Movie company
30. Provokes
31. Particular potato: 2 wds.
36. Terrestrial stage newts
37. Divulged
38. Family suffix in zoology
39. Youngest daughter of Princess Grace of Monaco
41. Apple pie serving
42. 'Christ' suffix (Some religious people)
43. Some brand name tea bags
45. Spain's capital
48. Captain Hook's sidekick
49. Juice berry
50. Entirely
53. Prepares the potatoes this way
57. Light baseball hit
58. Randy Bachman prop: 2 wds.
60. Abbreviated list-enders
61. Naturalness
62. Shatner's famous co-star
63. Ms. Remick
64. Double
65. Mattress manufacturer

DOWN
1. _ it up (Eats heartily)
2. Taj Mahal's site
3. "How can _ _ my garden of slugs?" (Gardener-to-expert query)
4. Green Gables... Dear friends, to Anne Shirley: 2 wds.
5. Rustic cabin decorations
6. "_ Bop" by Cyndi Lauper
7. "Agent _ Banks" (2003)
8. "Heat of the Moment" band
9. Material used for building boats
10. "_ _ Rolling Stone" by Bob Dylan
11. Close by, in verse
12. Willy Wonka creator Mr. Dahl
15. American jazz trumpeter who collaborated with Canadian pianist Oscar Peterson: 2 wds.
17. Nitty-gritty
23. Ancient peoples of Chichen Itza
25. Auberge
26. Eras
27. Artist's workplace
28. Diminish
29. Acting's Mr. Ulrich, and namesakes
32. Mr. Geller
33. Garfield's pal
34. Delicate, as a doily
35. Kiki and Sandra
37. Covered with medical wrapping
40. "Bali _": Song from "South Pacific" (1958)
41. The 'S.' of writer T.S. Eliot's name
44. English actress Ms. Watson
45. Silent movies star Ms. Normand (b.1892 - d.1930)
46. Razor-sharp
47. Do the waltz
51. Hawaiian happening
52. Ms. Kudrow
54. "Give _ _ round of applause!" (Clap for this guy, people!)
55. Environmental sci.
56. Vodka brand
59. _ Aviv, Israel

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Everything in life happens for a reason, so don't get uptight if you don't like what occurs today. What you call "bad luck" may in fact be good luck, adjust your perspective.

Taurus April 21 - May 21
Don't take anything too seriously. If you let yourself get annoyed too easily you will look back and realize how much time and energy you wasted on things that don't matter.

Gemini May 22 - June 21
Sometimes it can be difficult to know whether to laugh or cry and what happens today will certainly leave you with mixed emotions. If you feel depressed, look up a friend you have not seen in a while.

Cancer June 22 - July 23
Stay patient because if you get restless you may do something you later regret. Act as if you are being watched by people on whom your future depends.

Leo July 24 - Aug. 23
There is no point trying to hide your feelings because everyone can read the look on your face. Why would you want to hide your feelings anyway? People expect you to be outspoken.

Virgo Aug. 24 - Sept. 23
Stop lamenting what might have been and start looking forward to what still can be. You have the talent and the tenacity to turn things around. Your future is bright.

Libra Sept. 24 - Oct. 23
Forget about your chores and do something that makes you feel alive. Stay positive, because then and only then will you make a good job of what you are working on.

Scorpio Oct. 24 - Nov. 22
There are a lot of strange things going on around you at the moment. Should you be worried? No. Whatever may be going on it is not directed at you personally. You may in fact benefit in the long-term.

Sagittarius Nov. 23 - Dec. 21
It's time to get rid of all your old junk. And not just physical junk, but mental and emotional junk too. You will have more space for the things, and people, that matter.

Capricorn Dec. 22 - Jan. 20
You seem to be worried that something of value is being taken from you but ask yourself: how many times in the past have your worries proved to be unfounded? Stop worrying and start living.

Aquarius Jan. 21 - Feb. 19
You have important things to do today but what matters most is the way you do it. Once others see your confident air they will respect you and do whatever you ask of them.

Pisces Feb. 20 - March 20
You are assertive, but don't force people to do things your way when they don't want to. You may succeed but you will also create bad feelings. Think before you act.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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